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GOLDEN GLOBES

HIGHLIGHTS FROM THE RED CARPET AND THE SHOW'S WINNINGEST MOMENTS, LIKE JENNIFER LAWRENCE WHO TOOK THE FIRST AWARD OF THE NIGHT

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Poor taste for fat tips scales

Obesity on the rise globally as low-income groups give up traditional fare for fast food

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'Creepy' app IDs you from a snap

'Dangerous' facial recognition app denounced by Canadian privacy watchdogs

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LIVE 88.5fm

Can rookie power win gold?

Figure skating. Chan, Virtue, Moir lead young Sochi team that includes 14 first-timers

Loaded with rookies, but brimming with promise — Canada's young figure skating team for the Sochi Olympics might turn out to be its best ever.

Three-time world champion Patrick Chan and Olympic ice dance gold medallists Tessa Virtue and Scott Moir headline a 17-member Canadian figure skating team for Sochi that has 14 first-timers.

The team has set a goal for three medals in Sochi — in men's singles, ice dance, and the new team event — which would match its best ever result of three in 1988 in Calgary.

But Canada's figure skating team — the largest among all countries at the Games — has other podium threats in Meaghan Duhamel and Eric Radford, bronze medallists at the 2013 world championships, and ice dancers Kaitlyn Weaver and Andrew Poje, fifth at last year's worlds.

"Do we have the potential to possibly get more? Yes," said Skate Canada's high performance director Mike



Figure skaters Kevin Reynolds of Coquitlam, B.C., bottom row, left to right, Patrick Chan of Toronto, and Gabrielle Daleman of Newmarket, Ont., are joined by teammates during the announcement of the Canadian Olympic Team in Ottawa on Sunday. The skaters will all represent Canada in Sochi. SEAN KILPATRICK/THE CANADIAN PRESS

S. Lipchuk. "But we don't want to set a number that is possibly unattainable but also puts undue pressure on skaters that don't need to feel that burden."

The No. 1-ranked Canadians are virtually a lock for a medal in the team event, which has a male, female, pairs team, and ice dance team from each country skate a short and long pro-

gram.

For Chan, and Virtue and Moir, the team event that begins two days before the opening ceremonies, is the perfect chance to deal with some of the pressure they'll be shouldering as gold medal favourites.

Virtue and Moir, who will have six days between the end of the team event and the beginning of their indi-

vidual event, said there was never any question whether they would skate for a team medal, even if it means skating four times.

"Another shot on Olympic ice in front of that crowd and to get a shot at an Olympic gold medal, you've got to take it," Moir said. "We're good for that. We can do four performances."

The team was unveiled in a cere-

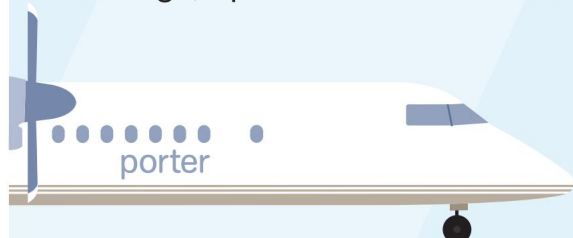
mony in Ottawa Sunday following the Canadian championships that saw a couple of surprises. Fifteen-year-old Gabrielle Daleman of Newmarket, Ont., won silver in women's singles and was named to the team, while Liam Firus, a 21-year-old from North Vancouver, B.C., snuck in to grab the third spot in men's singles.

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Dwyer Hill Road

Gunman arrested in rural west end

Ottawa police said they arrested a man with a firearm in the 6000 Block of Dwyer Hill Road.

The police closed the road to traffic as they investigated and said there were no injuries in the incident. A staff sergeant at the West District watch desk refused to give any details about what precisely transpired or how the man came to the attention of the Ottawa police, beyond saying that "someone called it in."

METRO

Investigation

Man in critical condition after being stabbed

Police are investigating a stabbing on Rideau Street that left a 21-year-old Ottawa man with multiple wounds Friday night.

Paramedics responded to the corner of Rideau Street and MacKenzie Avenue around 10:15 p.m. and, "aggressively treated," the man for multiple stab wounds.

Paramedics said he was in critical condition and that he later underwent surgery at the trauma centre at the Ottawa Hospital.

Ottawa Police told Metro Sunday that they have no suspects in custody and that the investigation is ongoing.

Sussex Drive and MacKenzie Avenue were shut down for several hours Friday night, as police probed the scene into the early morning Saturday.

TREVOR GREENWAY/METRO



At left, a Nepean player is seen in this file photo wearing the old Redskins uniform based on the NFL Washington Redskins team colours. At right, Brad Smith of the Philadelphia Eagles is seen wearing his team's colours during their NFC Wild Card Playoff game at Lincoln Financial Field on Jan. 4 in Philadelphia. MIKE CARROCCETTO/FOR METRO, RIGHT: GETTY IMAGES

Redskins set to be the Nepean Eagles

New name. Hip hop artist who slammed team for 'racist' name says he's excited about team's 'new chapter'

An Ottawa-based minor football team at the centre of controversy over its racially-charged name has officially picked a new one.

The Nepean Redskins will become the Nepean Eagles as they enter their 36th year as a football club, the team announced on its website.

"The transition from the Redskins name and colours will take a few years yet, how-

ever, there will be significant obvious changes this year; jerseys, helmets, scoreboard, etc.," team president Steve Dean said in a note on the newly rebranded website. "The Club will once again run house league Flag, competitive Girls Touch, Cheer and fall Tackle programs. Registration will open on February 1st for all programs."

A promotional video, produced by house Edge Media on the team's website goes over the history of the team, noting it was first called the Barrhaven Buccaneers when it was formed in 1978, before being renamed in 1981.

As music swells over slow motion footage of kids playing football, an announcer intones:

"As a community owned and operated club its players, coaches, parents and volunteers provide excellent cheer and football programs from tackle to touch and to flag. It is these core elements of the club that bring everyone together that truly matter, not the name that resides on the side of the helmet."

No mention is made in the video of the two-year-long campaign waged by Ojibway hip hop musician Ian Campeau to get the club to change its name, nor his eventual filing of a human rights complaint against the team in September.

Campeau complained that the Redskins team name was racist and insult to Aboriginal people — a charge also leveled

at the NFL club of the same name and colours. The new name is aligned with the name and colouring of the NFL's Philadelphia Eagles, but Dean noted in his statement on the website the club's "Mite" team for five- to seven-year-olds will wear the new Ottawa Red-blacks colours.

Campeau said in an interview over social media that he was happy about the name change.

"I'm ecstatic and look forward to many championships being won under 'The Eagles' moniker!" said Campeau, who said he hadn't had any communication from the team. "I'm excited for the team to start its new chapter."

SEAN MCKIBBON/METRO

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Bay Ward resident Bob Phillips rants to Coun. Mark Taylor about inequalities between anglophones and francophones. Taylor spent Sunday morning canvassing about 800 homes in the Bay Ward as he seeks re-election in the upcoming October election. TREVOR GREENWAY/METRO

Will the early bird catch the ward? Coun. Taylor hopes so

Bay Ward. Metro tags along as councillor gets an earful along the campaign trail



TREVOR GREENWAY
trevor.greenway@metronews.ca

It didn't take Ottawa councillor Mark Taylor long to get back on the campaign trail.

Not even two weeks after registration for the city's up-

coming municipal election opened, Taylor was pounding the pavement, meeting with prospective voters in the Bay Ward — chatting about transit, snow removal and redevelopment.

"The best kind of consultation is at people's doorsteps," said Taylor, leading a team of a dozen volunteers as they canvassed along Kelly Street Sunday morning. "It's when people are at their most unfiltered."

Resident Bob Phillips was pretty unfiltered when telling

Taylor that he feels Francophones are being better served than Anglophones. When asked about priorities, Phillips said he wants council to cut back on taxes and save money.

"You can't just keep on going: spend, spend, spend," he said.

Dawn and Mark Schmidt have been in the ward since 2006 and worry about how development will impact the neighbourhood. With the Bay Ward going through rigorous redevelopment — like the Bayshore shopping mall renova-

tions and the Carling Avenue Community Improvement Plan, which aims to make Carling Avenue a "destination" spot — the couple fears some neighbourhood character could be sacrificed.

"We are in a neighbourhood where there have been a lot of house sales, where the development is starting and they are replacing single-family homes with doubles," said Dawn Schmidt while shovelling ice off her driveway. "I guess I am concerned about seeing all the property

disappear for big homes."

Taylor is seeking his second term as councillor and says his goal is to rejuvenate the entire ward with parks and infrastructure and boost the business community — especially along Carling Avenue near Pinecrest Road, an area he calls a "no man's land."

"That's a perfect stretch of road to benefit from some economic redevelopment," said Taylor.

Taylor said if he wins in the Oct. 27 election, it will be his last four years as councillor.

On the ballot

Here is a list of who has registered for the election thus far:

- Mayor: Mike Maguire
- Ward 1, Orleans: No registrants yet
- Ward 2, Innes: Roland Stieda
- Ward 3, Barrhaven: Ian Bursey; Syed Asghar Hussain
- Ward 4, Kanata North: No registrants yet
- Ward 5, West Carleton-March: No registrants yet
- Ward 6, Stittsville: No registrants yet
- Ward 7, Bay: Mark Taylor
- Ward 8, College: No registrants yet
- Ward 9, Knoxdale-Merivale: No registrants yet
- Ward 10, Gloucester-Southgate: No registrants yet
- Ward 11, Beacon Hill-Cyrville: Tim Tierney
- Ward 12, Rideau-Vanier: Mathieu Fleury
- Ward 13, Rideau-Rockcliffe: No registrants yet
- Ward 14, Somerset: Martin Canning; Thomas McVeigh; Denis Schryburt; Lili V. Weemen
- Ward 15, Kitchissippi: Jeff Leiper
- Ward 16, River: No registrants yet
- Ward 17, Capital: No registrants yet
- Ward 18, Alta Vista: No registrants yet
- Ward 19, Cumberland: Stephen Blais
- Ward 20, Osgoode: Justin Campbell; Bruce Faulkner; Kim Sheldrick
- Ward 21, Rideau-Goulbourn: Scott Moffatt
- Ward 22, Gloucester-South Nepean: Michael Falardeau; Scott Hodge; Jason Kelly; Michael Qaqish
- Ward 23, Kanata South: Allan Hubley

Two dead in Pontiac, Que., house fire

A man and woman are dead after a house fire gutted a bungalow in Pontiac, Que.

MRC des Collines police say they were called to a blaze at 3122 Wilson Rd. around 10 p.m. last night.

"When the officer arrived, the owners, a man and a woman, were coming out and the first thing they asked the officer is where is the tenant," said MRC des Collines spokesman Martin Fournel.

Fournel said the officer arrived on the scene about two minutes after the initial call

was made by the owners of the home. He said the fire department arrived a few minutes later and went into the smoke-filled home to rescue a woman who was a tenant in a basement apartment. He said emergency-services personnel attempted CPR and took the woman to hospital in Shawville, where she was pronounced dead.

It wasn't until 3:30 a.m. Sunday that firefighters were able to retrieve the body of a man from the basement, he said.

Fournel said the man was

found in a different part of the basement than the woman. He said police haven't been able to contact next of kin yet and would only say the woman who died was believed to be in her 50s. Police were unsure of the relationship between the man and woman who died.

He said an autopsy must be carried out first before police can confirm the cause of death.

He said the cause of the fire is under investigation.

Damage from the blaze is estimated at \$384,000, Fournel said. SEAN MCKIBBON/METRO



MRC des Collines police released this photo of a burned bungalow at 3122 Wilson Rd. in Pontiac, Que., where two people died Saturday night. HANDOUT



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The meek shall inherit the girth — world's poor becoming fat

Tipping the scales.

Obesity no longer a first-world problem as more and more countries battle the bulge



ELISABETH BRAW

Metro World News in London

For generations, Mexicans have enjoyed aguas frescas, a healthy thirst-quenching beverage. But today, they drink the most soda per capita in the world.

And the effect is showing up on health statistics: Today 33 per cent of Mexicans are obese, which makes them even fatter than the United States (32 per cent), according to the UN's latest figures.

"People's palates have been kidnapped," says Xaviera Cabada, nutritional health co-ordinator at El Poder del Consumidor, a Mexican nutrition organization. "People have become so used to salt and grease in junk



Fat fact: Overweight and obesity rates have almost doubled in Mexico since 1980, says U.K. think-tank Overseas Development Institute. GETTY IMAGES

food that when they cook traditional dishes, they use more grease."

Yet overweight Mexicans don't live in opulence. On the contrary, they're usually low-income earners.

Around the world, the poor are becoming fat. Just as Mexicans are abandoning

their healthy grain- and fruit-based diet, others are ditching their inexpensive fare in favour of fast food.

According to the World Health Organization, obesity is still less common in low-income groups, but being poor is no longer a guarantee against the bulging waistline.

"Obesity is a big-time problem," says Hank Cardello, director of the Obesity Solutions Initiative at the Hudson Institute in Washington, D.C., and author of *Stuffed: An Insider's Look at Who's (Really) Making America Fat*.

"In the U.S. alone, it costs around \$200 billion per year,"

Cardello said. "And there's the personal cost: Obesity is the portal to diseases like diabetes."

Nowhere is the obesity trend stronger than in Latin and South America's growing economies. Peru now has more fast-food restaurants per capita than any other country. In Guatemala, half of children suffer from anemia and stunting, while half of women are either overweight or obese.

"It's already showing results in obesity-related illnesses," reports Cabada. "So many people have diabetes now. If you ask a room full of Mexicans if they have diabetes, 80 per cent will say yes. And some people with normal weight have nutrition-related illnesses as well."

In 2011, 81,000 Mexicans lost their lives to diabetes — three times as many as were killed in the country's escalating drug war.

But even though countries face huge health-care costs, nobody can force people to eat better — or companies

In poor taste

"People have become so used to salt and grease in junk food that when they cook traditional dishes, they use more grease."

Xaviera Cabada, expert at Mexican nutrition group El Poder del Consumidor

to make healthier food. The answer, says Cardello, is to show food giants that they'll improve their bottom line by reducing calories in their products.

"People want their Coke and potato chips," said Cardello. "The answer is not to take bad products off the shelf but to introduce healthier ones."

Even so, switching to a healthier cousin of the potato chip is just a Band-Aid on the global fast-food addiction. But Cabada sees a ray of hope: "Here in Mexico, people are noticing that they're getting fatter, so they're becoming more alert."

DEATH BY FOOD: WE'RE GETTING FATTER

The number of people who are obese (with a Body Mass Index of 30+) is ballooning worldwide. Metro looks how the world's developed and developing countries fare.

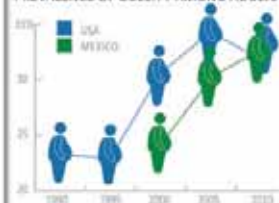
INCREASING OBESITY AMONG ADULTS



USA — MEXICO COMPARISON

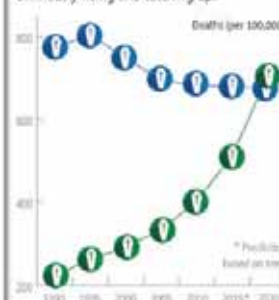
In recent decades, Mexico's obesity rates have more than doubled. Now the country is on par with the United States as one of the world's fattest nations.

PREVALENCE OF OBESITY AMONG ADULTS



DEATH BURDEN OF BULK

What is the death rate attributed to obesity-related factors (high BMI, blood pressure, cholesterol, glucose; physical inactivity)? United States has the highest but Mexico's rate is ominously rising and catching up.



Top 5 good fast-food innovations

Burger King Satisfies

French fries coated with a batter that helps the food product absorb less fat.



Campbell Soup Goldfish Puffs



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McDonald's Premium McWraps

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General Mills Green Giant Roasted Veggie Tortilla Chips

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Mitch Kalil. Ottawa shooting suspect makes first court appearance

A man arrested in connection to an east Ottawa shooting last week appeared in court Friday morning.

Mitch Kalil, 31, is facing 16 charges, including attempted murder, aggravated assault, two counts of assault with a weapon causing bodily harm, discharging a firearm with intent and disguise with intent to commit an indictable offence.

Kalil will be represented by defence lawyer Michael Edelson, but Solomon Friedman appeared on Edelson's behalf Friday morning.

Police were searching for Kalil after a woman was shot in the 1000 block of Cummings Avenue on Jan. 5 at about 2:20 p.m. She went to the hospital with non-life threatening injuries. She has since been released and is in good health, according to police. Montreal's



Mitch Kalil COURTESY OTTAWA POLICE

North Division Guns and Gangs unit arrested Kalil the evening of Jan. 8, after Ottawa police had released a photo of Kalil and warned the public that he could be armed and dangerous.

Sgt. Ken Bryden said police found Kalil's 2008 Range Rover used to flee the scene. It was also involved in a minor accident. LUCY SCHOLEY/METRO

Crime Stoppers

Police seek info on sexual assault

Ottawa police are looking for witnesses of another sexual assault incident dating back to Dec. 27.

A woman in her late 20s stepped into an unknown man's older green vehicle on McArthur Avenue and he drove her to an unknown location in the late afternoon or early evening, police say. The woman and man left the car and walked into a wooded area where the man

allegedly sexually assaulted and choked her. He has been described as a 40-something white male with a white beard, long hair and English-speaking. The woman fled and another unknown man in a red van came to her help. He drove her to Blake Boulevard and Lafontaine Avenue. She suffered minor injuries.

Anyone with information can contact the Ottawa Police Sexual Assault/Child Abuse Unit at 613-236-1222, ext. 5944 or phone Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

LUCY SCHOLEY/METRO

Details missing in sexual assault case

'Significant' Floor plans don't show washroom like the one described by complainant: Defence

LUCY SCHOLEY

lucy.scholey@metronews.ca

The bathroom where Clinton Russell allegedly sexually assaulted an intellectually delayed patient at the Ottawa Civic Hospital does not exist, his defence lawyer argued Friday morning.

Ian Carter said there's no way Russell — a 44-year-old security guard at the hospital who was convicted in October in a similar sexual assault case — could have led the then-18-year-old woman with the mental capacity of a child into the washroom she previously described.

He pointed to the building's floor plans and argued the washroom does not exist and the only way to get into any other similarly described washrooms would be with a key or a code. But he said the witness did not provide such "significant details" in her testimony.

"It doesn't come close to matching what she describes," he said.

An Ottawa courtroom heard the final submissions on Russell's case Friday morning. He's



Clinton Russell is seen leaving the Ottawa Courthouse Oct. 2 during his first trial on charges that he sexually abused an Ottawa hospital patient. Russell is now being tried in a separate case with similar allegations from a different woman. MIKE CARROCCETTO/FOR METRO

accused of forcing a developmentally delayed woman into performing oral sex on him in a hospital washroom during the summer of 2010.

Crown lawyer Suzanne Schriek also noted the bathroom discrepancy in her submission.

"There is no exact place that corresponds to what (the alleged victim) describes," she

said, but noted it could have been a detail the witness got wrong.

"It was bothering her. It was upsetting to her. She said she did try to forget it," said Schriek.

She said Clinton allegedly led the way to the washroom and so the witness may not have seen him use a key to get through a door.

Russell was convicted of a similar sexual assault in October. That juried trial concerned a 20-year-old disabled woman who said Russell forced her to perform oral sex on him in a hospital lounge Dec. 23, 2011.

Russell admitted to meeting both women, but has denied any sexual assault.

His next court appearance is due Jan. 22.

NOTICE OF PUBLIC CONSULTATION

OTTAWA

Do you want to work with government to develop policies and services that better reflect your needs? Is there government data that could help you improve your business, organization or community? Are you interested in taking greater ownership of government decisions?

The province has appointed the Open Government Engagement Team to gather feedback from Ontarians about how government can be more open, responsive and accessible.

As a community member, you have an important voice. Please join us:

Date: Tuesday, January 14, 2014
Time: 1:00 p.m. – 4:00 p.m.
Location: University of Ottawa
Address: Social Sciences Building, Room 4007
120 University, Ottawa, ON

To register for the event or to submit comments, please e-mail opengov@ontario.ca. Please indicate if you require special accommodations.



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'Creepy' new app can ID you at the snap of a photo

NameTag. The app can spot and match a face in seconds



KATE WEBB
Metro in Vancouver

A new facial recognition app that allows anyone to instantly look up social media and dating profiles of someone whose photo they snap has been denounced by Canadian privacy watchdogs as "creepy" and "dangerous."

Creators of the app, called NameTag, say it can spot a face using Google Glass' camera or an Android phone, send it to a server, compare it to millions of online records and in seconds return a match complete with a name, additional photos and social media profiles.

The developer, FacialNetwork.com, says it is working on making the system compatible with dating sites such as PlentyOfFish.com, OkCupid.com and Match.com, and that it will also be able to identify people with a criminal history.

Google Glass does not currently support facial recogni-

Facial recognition

The technology already used by some Canadian stores to stop known shoplifters from entering, and by governments, high-security buildings and banks to verify identities.

- Neither the app nor Google Glass are currently available in Canada.

tion apps because of privacy concerns, but the app's developers are hoping to change that. In the meantime there will be several other ways to access it once it is released in the spring. Anyone with a photo of a stranger will be able to log in to the NameTag website or use a device that supports the app. They can upload the photo and discover the subject's Facebook, Twitter, and LinkedIn accounts, as well as dating profiles.

The app's creator, Kevin Alan Tussy, said in a statement that people who do not wish to be identified will be able to log onto the website and opt out of being searchable. **WITH FILES FROM**

TORSTAR NEWS SERVICE

Watchdog warning

Perfect for predators

Popular children's entertainer and advocate Raffi Cavoukian, whose sister Ann Cavoukian is Ontario's privacy commissioner, began tweeting about NameTag as soon as news of it reached him this week.

He is the founder of the B.C.-based Centre for Child Honouring, and co-founded the Red Hood Project, a movement for consumer protection for children, in the wake of the Amanda Todd tragedy. He has also written a book about Internet privacy called Lightweb, Darkweb: Three Reasons To Reform Social Media Before It Re-Forms Us.

He said NameTag's promise to protect minors rings hollow. "It's impossible, he said. "You can't know how old someone is online in social media... Millions of parents, and this is well known, lie about their kids' age, and put them on Facebook much

younger than 13."

His Red Hood Project co-founder, Vancouver-based activist Sandy Garossino, has been calling for years on the federal government to force social media companies to require age verification. Metro is awaiting answers from McGee about how NameTag can assure that minors will not be searchable in the absence of mandatory age verification by social media companies.

But even beyond concerns about children's safety, Garossino said the app should raise major red flags for women everywhere. "Guys will use this to identify women that they want to find out more about and meet," she said. "So it is clear this opens the doors wide to stalking... For girls and women this is actually a real and present danger."

"The public should be getting extremely angry about this, and women need to stand up and say 'this is not on, our faces are not your property. Your right to invade my space stops at my face.'"

MARS ONE: SNAPSHOTS

Seventy-five Canadians are among the 1,058 finalists shortlisted for a one-way mission to the red planet with Mars One. Here's a look at one of the candidates.

Blacksmith, father in the running

Waking up at 5:30 a.m. for a light breakfast of a bagel, a handful of trail mix and a variety of vitamins, Justin Semenoff is a pretty normal guy.

A skilled blacksmith, a father of one son and a combat engineer with the Canadian Forces, you wouldn't take a second look at Semenoff when he's shopping at Co-op in Saskatoon's Stonebridge neighbourhood or while he's out for a bicycle ride. But there's something unusual about this 35-year-old Saskatchewanian.

Semenoff, alongside 75 other Canadians, has been shortlisted from among 200,000 applicants as a candidate for the Mars One project — an ambitious endeavour with a goal to

launch the first human colony on the Red Planet in 2025.

Describing himself as not a "hugely public person," Semenoff points out that being shortlisted has taught him skills and prompted him to want to become an ambassador for the mission. "It's a good learning lesson," he said over a cup of coffee at his home.

An hour after breakfast, Semenoff travels from his condominium to what he calls his "second home" — Diekema Martial Arts in downtown Saskatoon.

Semenoff generally trains two to three hours per session, three times a week.

"It falls into the same category as family. How do you get up and leave them forever?" he asked, as sweat poured down his face.

"But with great accomplishment comes great responsibility and sacrifice ... I'll focus on that when — and if — that time even comes." **MORGAN MODJESKI/METRO IN SASKATOON**



Justin Semenoff, one of 1,058 people from around the world shortlisted for the Mars One project. **MORGAN MODJESKI/METRO IN SASKATOON**

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Former Israeli prime minister Ehud Olmert stands in front of the coffin of Ariel Sharon at the Knesset plaza in Jerusalem on Sunday. Sharon, the hard-charging Israeli general and prime minister who was admired and hated for his battlefield exploits and ambitions to reshape the Middle East, died Saturday, eight years after a stroke left him in a coma from which he never awoke. He was 85. ODED BALILTY/THE ASSOCIATED PRESS

Israelis offer final goodbyes to Ariel Sharon

'There will never be anyone else like him.' Former comrades, political allies and regular citizens flock to Jerusalem to pay respects to late leader

Israelis from all walks of life flocked to parliament Sunday to catch a glimpse of Ariel Sharon's coffin and pay their final respects to the iconic former prime minister and general.

A stream of visitors ranging from former army comrades to political allies to citizens

who only knew him from afar remembered Sharon as a decisive leader, for better or for worse, and one of the final heroes of Israel's founding generation.

"Those who didn't know him from up close can't truly understand what a legend he was," said a choked-up Shlomo Mann, 68, who served under Sharon's command in the 1973 Mideast war. "There will never be anyone else like him."

The 85-year-old Sharon died Saturday, eight years after a stroke left him in a coma.

In a career that stretched across much of Israel's 65-year existence, his life was closely intertwined with the

country's history. As one of Israel's most famous generals, the man known as "Arik" was renowned for bold tactics and an occasional refusal to obey orders. To his supporters, he was a war hero; to his critics, a war criminal.

As prime minister late in life, he was embraced by the public as a grandfatherly figure who provided stability in times of turmoil.

A state memorial is planned for Monday at parliament, followed by a funeral service at Sharon's ranch in southern Israel. U.S. Vice-President Joe Biden, former British Prime Minister Tony Blair and others are expected to attend the ceremonies. **THE ASSOCIATED PRESS**

Are you living with allergic rhinitis?



If you are, an opportunity is now available to be part of a clinical research study.

Allergic rhinitis is a common reaction to allergens like dust mites. It can cause a number of annoying symptoms like itchy or runny nose, sneezing, irritated eyes, ears and sinuses. If you are one of the many people who live with allergic rhinitis, you may be eligible to participate in a clinical study of a new investigational therapy.

To be eligible for this study, a participant must:

- Be between the ages of 18 and 55
- Be generally healthy
- Have a history of persistent or intermittent allergic rhinitis and a positive allergy test to dust mites or other defined allergens

Women who are capable of becoming pregnant are not eligible for this study. People who smoke will also be excluded.

Qualified participants will receive study drug or placebo (an inactive substance) and study-related care at no cost. You will also be compensated for your travel expenses.

If you or someone you know has allergic rhinitis and would like more information about this study contact: Ottawa Allergy Research, Ottawa ON — 613-725-2102 Ext 248

The Vatican

Que. archbishop named cardinal

Quebec Archbishop Gerald Cyprien Lacroix was among a new batch of cardinals selected by Pope Francis on Sunday.

A total of 19 men were named to the senior ecclesiastical post in an announcement at the Vatican.

"I'm touched by the confidence shown by Pope Francis," Lacroix told reporters following Sunday mass in Quebec City.

THE CANADIAN PRESS

Vancouver

CN: Heavy rainfall caused derailment

A CN Rail spokeswoman has confirmed heavy rainfall led to a train derailment in the Vancouver area Saturday.

Emily Hamer says the increased amount of rain caused a beaver dam to wash out, spilling large amounts of water onto the tracks and causing a train in Burnaby to jump the tracks.

She says seven cars went off the rails — three of them were lying on their sides while four remained upright. **THE CANADIAN PRESS**

Bored Nation. Petition to make Ford an honorary American met with yawns

A petition to make Toronto Mayor Rob Ford an honorary U.S. citizen hasn't garnered much support so far.

The petition appears on the White House website under the headline: "Proclaim Robert Bruce 'Rob' Ford, the 64th Mayor of Toronto, An Honorary Citizen of the United States of America."

Four people had signed it by Sunday afternoon.

The petition had been on the website since Jan. 3, and even though it had received a bit of media attention, that didn't exactly appear to have spurred a great public stampede toward the cause.

The tongue-in-cheek petition says: "(Ford) has at once demonstrated an exceptional proclivity to act for the greater good and been the subject of horrifying political attacks. The evidence demonstrates the attacks are motivated by Mayor Ford's unwavering adherence to good governance over the interests of his political opponents."

It goes on to say, "Mayor Ford is clearly a hero of humanity who deserves the

very best. We therefore petition (President Barack) Obama to declare Mayor Ford an Honorary Citizen of the United States."

Ford has become a bit of a celebrity in the U.S. amid his scandals, and is now a staple in the material of late-night comedians. A media-monitoring firm has also declared that, so far, no other news story from Canada has gotten this much attention in the U.S. in this young century.

As of Sunday afternoon, the petition was 99,996 signatures short of the 100,000 required to get a White House response.

The White House instituted that requirement after its site had been hit with other spoof petitions — including one demanding that America build a "\$850,000,000,000,000,000, Star Wars-style Death Star."

The White House had to answer to that one — politely, and jokingly, informing people that a Death Star would cost more than that projected amount and was not fiscally feasible in a time of budget constraints.

THE CANADIAN PRESS

Put eggs in more than one basket



HOW TO ROLL
Alison Griffiths
metronews.ca

There has never been a better time to be defensive with stock market investments. Record highs of more than 25 per cent gains were reached in the American markets in 2013. Even though Canada and Europe lag, whatever happens to the U.S. in terms of a market decline will definitely affect everyone else.

An asset allocation will protect you by taking the emotion out of investing. You follow the asset allocation, not the fears, hopes and predictions littering the money world.

In 1990, Dr. Harry Markowitz won a Nobel Prize in economics after proving that diversified portfolios (don't put all your eggs in one basket) maximize return while minimizing risk.

In the end, minimizing risk is the single most important investing goal.

An asset allocation apportions your money among cash (GICs, high interest accounts), bonds and equities. The first two are often lumped together and called fixed income.

Cash is a good place to start. Its role is to cope with emergencies inside and outside a portfolio. Those outside the portfolio include unexpected expenses. Let's assume that your 100-per-

cent equity portfolio dropped 40 per cent in 2008-09, but you needed to withdraw some funds. Without cash you would have had to sell investments at a huge loss.

Cash inside your portfolio also allows you to tweak your asset allocation during times of stock market emergencies. Say you chose an allocation of 15 per cent cash, 35 per cent bonds and 50 per cent equities. When the markets were slammed in 2008-09, the percentage in equities declined dramatically.

Cash offered the chance to buy more equities and bring the percentage back closer to 50 per cent. Here's where an asset allocation really shines. If 50 per cent equities is your chosen amount, when it drops to, say, 35 per cent you don't fret about whether it's time to buy back into the market. You just do it based on the percentages.

Anyone who used cash to follow a chosen asset allocation during the various market declines over the past 20 years is sitting pretty now.

Every Monday

Alison Griffiths is a financial journalist, bestselling author and broadcaster. Her new investing column, **How to Roll**, will run Mondays in *Metro* and at metronews.ca.



Rocker compares oilsands to Hiroshima

Canadian rock icon Neil Young launched a blistering attack on the Harper government and Alberta's oilsands at a news conference on Sunday, saying that he was "shattered" after visiting a Fort McMurray industrial site he compared to the atomic bomb-devastated wreckage of Hiroshima, Japan.

Joined on the Massey Hall stage by representa-

tives from the Athabasca Chipewyan First Nation, Young was especially scathing in his criticism of Prime Minister Stephen Harper's "hypocritical" administration, which Young said was ignoring science to irresponsibly drive corporate profits.

Young was speaking hours before he was set to take the same stage for a concert, the proceeds of

which were to be directed to the Athabasca Chipewyan First Nation Legal Fund. The Athabasca Chipewyan First Nation represents a community living roughly 200 kilometres downstream of current oilsands development. The group is embroiled in a legal battle to protect their traditional territory from further industrialization.

THE CANADIAN PRESS



Singer Neil Young speaks at a press conference Sunday. THE CANADIAN PRESS

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SIDEWALK SHUFFLE'S GETTING OLD

One of the things I miss most in winter is the pleasure of simply taking a step and having at least some idea of how it'll turn out.

Instead of a confident stride, weight fully committed and reliable ground underfoot, we've been navigating Ottawa's 2,000 kilometres of sidewalks one tentative, shuffling little step at a time, maybe clutching the occasional street sign to remain vertical.

Freezing rain, yo-yo-ing temperatures and snow-clogged grates last week conspired to give us what city staff characterized as the worst conditions since the 1998 ice storm. We bruised our dignity, our tailbones and no doubt the city's legal budget for slip-and-fall injury settlements.

At times like this, staying upright means keeping a wary eye out. Out of necessity, we pay more attention to the often-ignored little strips at the side of the streets that are parcelled out for the use of humans instead of vehicles.

They're more noticeable when they aren't working. A man



URBAN COMPASS
Steve Collins

ottawa@metronews.ca

whose motorized wheelchair got stranded amid the thick ice and slush on Metcalfe Street on Friday evening had to rely on a couple of passing Samaritans to figure out the complexities of his wheel brakes and then manually pull him backward to less-treacherous terrain.

One slip-sliding day on Montreal Road, as I trudged single file with other pedestrians along the narrow passable territory in the centre of the sidewalk, one of us joked that we needed a passing lane.

That drew my eye to the road, with its four lanes for traffic, which were well-plowed and salted because that's where our priorities lie. The car is still king, and those 2,000 km of sidewalk seem an afterthought to our 6,000 km of street.

The city talks a great deal about promoting "active transport" — of coaxing us out of our cars to walk and bike, but it's not an easy sell this time of year.

Even in good weather it's not hard to spot deficiencies —

downtown sidewalks in poor repair or just lacking adequate space for all the people trying to use them. Take the intersection of Metcalfe and Slater. It's the city's busiest pedestrian intersection, with some 3,000 people crossing its multiple lanes of traffic every rush hour and then jostling for real estate on the curbs.

As a staff report notes, "The sidewalk in this section of Metcalfe is so busy during rush hour that even a casual observer would say it functions at an undesirable level of service."

It's good to know that somebody at city hall is casually observing these things. Widening sidewalks in the area is somewhere on the city's lengthy to-do list, among other attempts to reclaim a bit of space for the bipeds.

Busy new Confederation Line stations are going to put even more demand on downtown sidewalks, and the city's Downtown Moves plan puts an encouraging emphasis on widening some, adding more trees and street furniture and generally making them pleasant places to hang around, rather than utilitarian paths for passing through.

On some days, though, they'll just be more inviting, attractive places to slip on the ice.

ZOOM

Go Canada Go!



JEFF MCINTOSH/THE CANADIAN PRESS

Olympians treated like rock stars

Natalie Spooner, a member of Canada's women's hockey team, high-fives Madison Armet, 13 months old, during a send-off party for Canada's Sochi-bound Olympic athletes in Banff, Alta., Saturday.

Hundreds of fans wished the country's Olympians good luck at the upcoming Games in Russia. **METRO**

Lucky charm

- The Royal Canadian Mint revealed its 2014 lucky loonie at the Banff block party.
- The coin is intended to be a good-luck charm for athletes and will be given to each member of the Canadian team. **METRO**



Steve Podborski, right, chef de mission for Canada at the 2014 Winter Olympics, inspects the newly unveiled lucky loonie.

JEFF MCINTOSH/THE CANADIAN PRESS

We've got Games

Team Canada is ready to make some noise in Sochi and Metro will be there to follow its athletes. Go to metronews.ca/gameon for the latest in video, photos, chat and news from the 2014 Winter Games.

Clickbait



LUKE SIMCOE
Metro Online

3D printing has been a tech buzzword for the past few years, and 2013 saw the phenomenon subjected to equal parts hype and hyperbole (3D-printed guns, anyone?). However, based on the offerings on display at this year's Consumer Electronics Show, 2014 may be the year when 3D printers become stable enough, user-friendly enough and cheap enough to make it into the mainstream. Here are just a few of the 3D printers that made waves at this year's CES:

MakerBot Z18:

MakerBot is definitely the company to beat when it comes to commercial 3D printers, and the Z18 is its new flagship. Capable of printing objects 12 inches wide and 18 inches tall, it's one of the largest printers on the market. It will retail for \$6,499 US and come with access to MakerBot's digital store, billed as the iTunes of 3D printing.

ChefJet:

Billed as a 3D printer for foodies, the

ChefJet can print candy, frosting and sugary garnishes. It comes with its own user-friendly software and retails for an estimated \$5,000.



GETTY IMAGES

The da Vinci:

A budget entry by XYZprinting Inc., the da Vinci was one of the most affordable printers at CES. It's expected to ship by mid-March and will sell for a paltry \$499.

Twitter



@metropicks asked: Tonight celebs at the Golden Globes will honour the best in Hollywood. Do you think these award ceremonies still matter?

@kmacnaull: Sometimes you need a break from the seriousness of the world and celebrate creativity, laughter & a great dress.

@RealMarcDunn: When fame & fortune aren't enough, only a globular hunk of metal will do. #GoldenGlobes #allwashedup

@SpenceShaun: Timeless Hollywood tradition to honor the hard work of countless individuals. Wouldnt happen if it didnt matter.

@mrsrazycakes: most of the movies don't matter. Why would the awards.

@77_tree: yes, a lot of hard work and dedication is put in by these actors, its their job and this is a way to acknowledge it

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

Stars gather for one last big show before Oscar time

Golden Globes. J-Law, Bryan Cranston some of the night's early winners



NED EHRBAR
Metro World News in Hollywood

The stars of film and television packed the Beverly Hilton ballroom Sunday evening for the 71st Annual Golden Globe Awards. With the Academy Awards nominations just four days away, the results from the Globes are expected to be a bigger factor than usual in this year's Oscar race, as no clear front-runner has taken hold.

Jennifer Lawrence was the first winner of the night, taking home best supporting actor in a motion picture for David O. Russell's *American Hustle*, which has been surging in popularity just in time for the height of awards season. In the TV categories, HBO's *Liberace* biopic, *Behind the Candelabra*, continued the awards dominance it started at the Emmys in September. *Mad Men* star Elisabeth Moss earned a trophy for her work in the miniseries *Top of the Lake*, while *Breaking Bad* enjoyed a post-series finale victory lap, nabbing Globes for the series itself and for star Bryan Cranston. Meanwhile, Jacqueline Bisset, who won for her supporting work in the TV miniseries *Dancing on the Edge*, provided a pause-filled acceptance speech during which she worked in a profanity and advice from her mother: "Go to hell, and don't come back."



Jennifer Lawrence and her Golden Globe for her role in *American Hustle*.

ALL PHOTOS JASON MERRITT/GETTY IMAGES



Amy Poehler and Tina Fey returned for a second year of hosting duties.

GETTY IMAGES

The Best of Tina and Amy:

Here are some of their best quips:

- "This is Hollywood, and if something kind of works they'll just keep doing it until everybody hates it."
— Tina on their return to hosting
- "[Gravity is] the story of how George Clooney would rather float away into space and die than spend one more minute with a woman his own age."
- "For his role in *Dallas Buyers Club*, [Matthew McConaughey] lost 45 pounds. Or what actresses call being in a film."
- "We're going to get this show done in three hours, or as Martin Scorsese calls it, Act One."



Amber Heard owns the red carpet in this navy take on the high-slit Angelina dress that launched a meme.



Bryan Cranston wins best actor in a TV series drama for *Breaking Bad*.

Online

For more red-carpet looks and complete Golden Globes results, visit metronews.ca.



Michael J. Fox.

2 SCENE

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Ebooks



Device 6

By. Jonas Tarestad & Simon Flesser

iPad/iPhone



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

This brilliant puzzle book moves with its character, Anna. When she takes a turn, its pages rotate to match. As she passes a window, the illustrations change their view. Voices and music get louder as she approaches, completing an effect that is captivating and bewitching. In a spy-world Wonderland of hidden codes and secret switches, Anna needs your wits to survive.

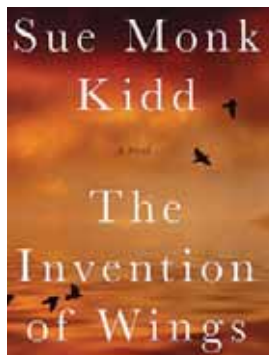
Revisiting racism and flying high

Q&A. The *Invention of Wings* author, Sue Monk Kidd, tells Metro about the work that went into her latest hit

EMILY
LAURENCE
Metro World News

It hasn't been out long at all and already Sue Monk Kidd's new book, *The Invention of Wings*, has landed itself on every "best" list (including ours) and been lauded by Oprah. The *Secret Life of Bees* author did it again. Alternating chapters between Sarah Grimke, a reluctant slave owner and her slave Hetty, *The Invention of Wings* captures the complexity of black-white friendships during the 1800s. Eavesdrop on our conversation with Kidd about the real-life Sarah Grimke and what Kidd found most disturbing about American slavery.

I didn't know until I read the author's note that Sarah and her sister were real women. What



was it like discovering their stories and the fact that they've been overlooked historically?

It was definitely a surprise, especially since they lived in Charleston, where I was living at the time. I think they fell down a big crack in history and honestly, I imagine a lot of women fell in that crack.

When you were doing your research, did you come across any other women whose stories you were tempted to tell?

I'm sure there are so many, but I really focused on Sarah and Angelina immediately when I

Sue Monk Kidd is famous for penning *The Secret Life of Bees*. ROLAND SCARPA

discovered they were some of the earliest females that were pioneers for women's rights. I knew I wanted to tell the story of an enslaved woman and her owner. That was the only strong feeling I had about the characters, and luckily I was able to find this character both in history and in my imagination.

What made you write about Sarah as opposed to Angelina?

I initially thought I would write about Angelina too, but it became unbalanced with too many voices, so then I had to choose. I pretty much knew all along that it would be Sarah. For some reason, I gravitated toward her story; probably because she struggled so much to find her voice, which I can relate to, especially as a writer.

It doesn't sound like it was a good time to be a woman —

black or white.

Exactly. That's one of the things I want people to take away from the book; how far we've come and how some of the greatest movements of the 20th century grew out of extraordinary movements in the 19th century.

There's so much historical detail in the book about the way urban slaves were treated. Was there anything you found especially upsetting when you were doing your research?

Everything I discovered was upsetting. There is a certain familiarity we think we have about slavery, but sometimes familiarity creates distance between us and the subject, which is not a good thing. It needs to be disturbing. I collected an enormous number of books about American slavery and also travelled to look at historical documents. A great deal of my research was in Charleston. The most disturbing thing I discovered was the work house. There were these houses (where slave owners) could pay to have their slaves worked, abused and controlled.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

Styles won't be keeping up with the Kardashians



STARGAZING
Malene Arpe
scene@metronews.ca

Harry Styles, who is dating Kendall Jenner, has reportedly made it clear he will not appear on *Keeping Up with the Kardashians*. "You're such a precious little thing," said Kris Jenner. "But I got Kanye West on the show. I think I can deal with you."

This past Monday was what is considered the most depressing day of the year.



That is clearly nonsense, as Monday is when I heard that in the Wachowskis' *Jupiter Ascending*, Channing Tatum will play a half-wolf, half-human albino warrior. #sosohappy.

Billy Ray Cyrus is doing a hip hop remix of *Achy Breaky Heart*. As long as he isn't doing a Baroque remix of his mullet.



Hilary Duff and Mike Comrie. ALL PHOTOS GETTY IMAGES

No fairy-tale ending for Duff and Comrie

Ah, weekends. The perfect time to relax, sleep in, and grab brunch. Or if you're a celebrity, get married or divorced. So here are this past weekend's notable unions and dissolutions. First up is Hilary Duff and ex-NHL star Mike Comrie, who announced in a statement over the weekend that they "have mutually decided to an amicable separation" and will "remain best friends and will continue to be in each other's lives." The two are parents to toddler Luca, of whom they'll have joint custody. Meanwhile, Pamela

Anderson and pop culture footnote Rick Salomon (remember him? He's the guy who made Paris Hilton famous when he starred as the other half in that sex tape) announced their marriage over the weekend. "We're very happy," Pamela disclosed to E!. "Our families are very happy and that's all that matters." It's the second marriage for the couple — to each other. They were briefly tabloid fodder in 2007 when they were married for 10 weeks. **DOROTHY ROBINSON/METRO WORLD NEWS**

Bynes a no-show at fashion school

Amanda Bynes is going back to school — or at least, it seems she was planning to. The troubled former child star reportedly enrolled for classes that began last week at the Orange County campus of the Fashion Institute of Design and Merchandising, though she was apparently a no-show on the first day, according to E! News. Bynes had made it clear via her lawyer that once



Amanda Bynes

she was out of treatment at a psychiatric facility she wanted to pursue a career in fashion.

Twitter



@ABFalecbaldwin
Abuse of political power is unforgivable.



@officialjaden
I'm Slowly Realizing I Need To Make A Trip Out To Norway



@Joan_Rivers
Heading back to NYC from L.A. Everything is so fake and plastic in L.A. — you'd think I'd fit right in, but I'm excited to be going home!

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Push them out of the plane and stand back

Skydive Plane Parent.

We've heard of helicopter parenting, but Metro's columnist has a new approach — allowing your kids to be (gasp) independent



IT'S ALL
RELATIVE
Kathy Buckworth
Kathybuckworth.com

While watching a news segment on "Helicopter Parents," my daughter turned to me and said, "You're not a Helicopter Parent," which was not news to me. She continued, "You're more like a 'Skydive Plane Parent.' You push us out and don't look back." She paused and added, "You sometimes give us a parachute."

I am not sure if she meant this as a compliment or a complaint but I took it as the former.

Yes, I confess, I make my kids go to school when it's cold, but I don't think making your children go to school on a school day when it's safe to do so is pushing them out of a plane or otherwise. In fact, it is pretty much what we in the work world merely call "meeting expectations."

But maybe I'm harsh. I've also been known to let my son (then eight) start a dog walking business where he had to (gasp) walk the dogs on his own around



Don't baby them, they can handle making a sandwich and salad for lunch. ISTOCK

our quiet neighbourhood. This resulted in calls from concerned parents that he was on his own (of course to which my response was, "I hope he had a dog with him or he's fired").

At age nine I let him ride his bike to school, by himself, crossing a busy intersection.

My 11- and 14-year-olds routinely get themselves

breakfast, make their lunch and get out to the bus or walk to school when both my husband and I have to leave the house hours before they do.

They've been going to public washrooms by themselves since they could figure out the "M" versus "W" signs on the doors.

When my 14-year-old informed me I had to miss

going out to a long-planned evening event because she needed me to help her study, as she had procrastinated, I answered with, "Are you new here?"

I had a good time at the event, thanks for asking.

I'm not always that mean. My 19-year-old son had his wallet and phone stolen in New Zealand, and I did help him. I cancelled

the phone and his credit card.

Do these actions make me a "Skydive Plane Parent"? OK then. I push them, they keep coming back. Replace that umbilical cord with a rip cord. Give them the chance to exceed your expectations.

KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: A 8-STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS

Resourceful animals still need winter help

The blast of polar air breaking records all over North America sent shelters and pet owners scrambling to keep sensitive paws and noses warm.

Veterinarians say the smaller the animal, the higher the risk of freezing to death. In dogs and cats, shivering and lethargy are two signs of trouble.

"The smaller you are, the more body surface you have, and the quicker you will lose body heat," said Dr. Douglas G. Aspros, immediate past president of the Illinois-based American Veterinary Medical

Association.

If you need to warm a shivering animal, a quick and easy way is to heat a towel in the dryer and wrap it around them.

Many animals will be comfortable if they're moving but get cold when they slow down, said Dr. Brian Collins of the small animal clinic at Cornell University College of Veterinary Medicine in Ithaca, N.Y.

"They may refuse to walk because their feet are so cold," he said. "They might alternate picking up their feet because they don't want to leave them

down too long."

Cats are probably the most resourceful animals in the cold, and feral cats are particularly hardy because they are so used to the outdoors, said Becky Robinson, president and founder of Alley Cat Allies in Baltimore.

But in this kind of a freeze, a helping hand could save a lot of lives, she said. She recommends putting water in plastic, rather than metal, bowls, with a pinch of sugar because it doesn't freeze as quickly, she said. It still has to be refreshed often, though. The vets warned



Putting a coat on your dog isn't just a fashion statement. MARK LENNIHAN/ THE ASSOCIATED PRESS

drivers to check before starting cars because cats, domestic and feral, are drawn to warm engines and car hoods. An open

clothes dryer is a warm spot that could lure an indoor cat, so keep the door shut.

THE ASSOCIATED PRESS

More than just a pretty face: Spinach salad with squash, almonds and more



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MINUTES**



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You'll be surprised to find the abundance of nutrients that exist in this delicious and attractive salad.

The spinach, butternut squash and pomegranate seeds give you a trio of daily required vitamins and minerals. Spinach contains antioxidants that can fight cataracts, heart disease and certain cancers. Butternut squash is an excellent source of vitamin A, which gives you better skin and better eyesight. Pomegranates are known to help combat prostate cancer and Type 2 diabetes.

To access the seeds from a pomegranate, slice horizontally and, over a bowl, tap the skin-covered half with a wooden

spoon until the seeds release.

The candied toasted almonds give you a special treat when you bite into this salad and they are so easy to achieve. You can prepare these nuts in advance and keep them stored in any airtight container.

This salad explodes with flavour and super foods but you can add some grilled protein, such as chicken, fish or meat, to make it a complete meal. If meat isn't your thing, you can add one cup of cooked grains such as quinoa or brown rice.

Directions

1. Preheat oven to 375 F. Line two baking sheets with foil and lightly coat with cooking spray.

2. Almonds: rinse with cold water. Drain but do not let dry. Place them in a bowl and add the 3 tbsp of brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out

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30 minutes or less

on one prepared baking sheet.

3. Meanwhile, mix squash cubes with 1 tbsp brown sugar and 2 tbsp maple syrup and place on other baking sheet. Bake nuts 8 minutes just until nuts begin to brown. Remove and let cool. Then chop. Bake squash for 20 minutes or just until tender. Cool slightly.

4. Salad: place the spinach, pomegranate seeds and squash in a large serving bowl.

5. To make the dressing whisk together the garlic, mustard, cider vinegar, 2 1/2 tbsp maple syrup, olive oil, lemon juice and salt and pepper in a small bowl.

Ingredients

Almonds

- 1/3 cup whole almonds
- 3 tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad

- 12 oz butternut squash, cut into 1-inch cubes

- 1 tbsp brown sugar
- 2 tbsp maple syrup
- 8 cups baby spinach
- 1/2 cup pomegranate seeds

Maple Dressing

- 1 tsp minced garlic
- 1/2 tsp Dijon mustard
- 1 tbsp cider vinegar
- 2 1/2 tbsp maple syrup
- 3 tbsp olive oil
- 2 tsp lemon juice
- pinch of salt and pepper

Pour the dressing over the salad and toss. Top with the chopped almonds.

Above, Blake as a happy 7 year-old.
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[Blake, currently homeless]

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Need a lesson on leaving that lump alone? You've got Gail!

All hail Gail.

Canada's reigning queen of cash Gail Vaz-Oxlade imparts some serious cents to today's students

Canadians have come to know Gail Vaz-Oxlade as the no-nonsense provider of penny pinching wisdom on TV shows *Til Debt Do Us Part*, *Princess* and most recently, *Money Moron*. The Jamaica-born mother of two has written a library of books on the topic of bad spending, and she's now focusing her attention on today's cash-confused post-secondary students and their parents. In this excerpt from her new book, *Saving for School*, Vaz-Oxlade uses hypothetical students Sonny and Darling to explain how they and their parents can best handle a lump sum of moola, the likes of which could come from a scholarship, a bursary or a summer spent saving.

Here are the steps to help Darling and Sonny make a plan for how they'll use their lump-sum money.

Step 1

List all the money they'll have from summer employment, scholarships, bursaries, RESPs (the annual lump sum they'll withdraw), gifts from relatives and loans, along with any other money they can scrounge.



With plenty of studying to be done, post-secondary students often leave financial planning on the back burner. Preparing a game plan before hitting the books is key to graduating without a grievous student debt load. iStock

Step 2

List the money they know they'll need to cover tuition, books and supplies, travelling to school at the beginning of the year and home again at the end (along with all the trips home in between), first and last months' rent or residence expenses, and the first grocery shop or student food plan.

Step 3

Figure out an amount to set aside for emergencies. Do not skip this step. Emergencies happen. That's a part of life. Being financially prepared for them means Darling and Sonny will have options in terms of how they deal with those balls from left field. Being unprepared is immature

and short-sighted. I recommend at least \$500. Make sure you talk about what constitutes an emergency; not everything is worthy of emergency status, no matter how dramatic Sonny or Darling may be.

An emergency is something that threatens your health or ability to continue

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

at school, such as:

- A laptop that suddenly dies (even if it's because someone poured beer over the keyboard ... yes, it really happened to the daughter of a friend of mine).
- A power outage that causes all the food in the fridge to rot (again, yes, it really happened to Alex in her second year at school, when she was living off campus and a tree fell on the power lines).
- A trip home to deal with a sick relative, the death of a family member or friend, or another unexpected family event.

Who is in charge of the emergency money? Darling

More bang for your buck?

- Readers can visit metronews.ca to find more content from this excerpt, including advice on how to work out a plan for spending school money in the best possible way.
- Gail's Student Lump-Sum Money Worksheet will also be available for download.

and Sonny need to take responsibility for managing it. You do want them to act like grown-ups, right? Then you must treat them as such. That means if they blow all their "emergency" money on beer and then their laptop dies, you keep your hands out of your pockets.

Step 4

Subtract what needs to be



spent from the lump-sum amount and divide the remainder by the number of months at school to give you the amount that will cover monthly expenses. If Darling and Sonny are in a traditional program that lasts eight months of the year (leaving them with four months to work and make money for the next year), they'll have to figure out their budget for eight months. So take whatever is left after the lump-sum calculation and divide it by eight. Some people do school all year round, in which case you'd have to stretch that money over 12 months.

If there's no money left after the lump-sum exercise, work will be a must. There are all sorts of ways for kids to make money or reduce their expenses. Both my editor, Kate, and Alex's BFF, Callie, were residence dons, which meant their room and board were covered.

Kids shovel books at libraries, serve coffee and make sandwiches, or work retail. There are some programs that are so intensive that a part-time job isn't an option, in which case maybe Mom and Pops will pony up with some money to help on a monthly basis.

If there is money left, dividing it up sensibly is the only way to make it last. Regardless, you need to have some sense of where that money is going to go each month.

EXCERPT FROM *SAVING FOR SCHOOL* BY GAIL VAZ-OXLADE. © 2013 BY GAIL VAZ-OXLADE. PUBLISHED BY HARPERCOLLINS PUBLISHERS LTD. ALL RIGHTS RESERVED.



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They work hard for their money

The business of feeling beat. If your nine-to-five leaves you frequently frazzled, you may find your title on the list of the most stressful jobs of 2014

JULIA FURLAN
Metro World News

Living a stress-free life seems like the kind of thing only a self-help book or a spam email could promise — along with a diet whereby you can lose 10 pounds in a week or find “the one.” In their annual survey of the most and least stressful jobs, CareerCast.com has a ranking of gigs that promise a lifestyle that won’t wear thin employees’ patience.

The rankings are based on surveys and numbers from the U.S. Bureau of Labor Statistics and census data, as opposed to polling of those in the jobs mentioned, and they reveal that things like frequent travel, deadlines, public scrutiny and physical danger cause stress to shoot way up.

It makes sense, then, that soldiers and firemen would have some of the most stressful jobs out there.

Conversely, roles with low levels of stress, such as an audiologist or a librarian, can offer professionals both growth potential and stability, while making for peaceful times at work.

How does your job compare to these shown in the following charts?



Firefighters face the heat both physically and emotionally on a daily basis. ISTOCK

The most stressful jobs of 2014

- | | |
|--|--|
| • 1) Enlisted Military Personnel: \$28,840 | • 6) Public Relations Executive \$54,170 |
| • 2) Military General \$196,300 | • 7) Corporate Exec (Senior) \$168,140 |
| • 3) Firefighter \$45,250 | • 8) Newspaper Reporter \$35,870 |
| • 4) Airline Pilot \$114,200 | • 9) Police Officer \$55,270 |
| • 5) Event Coordinator \$45,810 | • 10) Taxi Driver \$22,820 |

The least stressful jobs of 2014

- | | |
|--|-------------------------------------|
| • 1) Audiologist \$69,720 | • 8) Librarian \$55,370 |
| • 2) Hair Stylist \$22,700 | • 9) Multimedia Artist \$61,370 |
| • 3) Jeweller \$35,350 | • 10) Drill Press Operator \$35,580 |
| • 4) University Professor (tenured) \$64,290 | |
| • 5) Seamstress/Tailor \$26,280 | |
| • 6) Dietitian \$55,240 | |
| • 7) Medical Records Tech \$34,160 | |



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Is the five still alive?

Ask a professor. The five-paragraph essay was your intro into the analytical world, now let's go deeper

LEE
SKALLERUP BESSETTE
Metro World News

I am here today to liberate you. From what? From the tyranny of the five-paragraph essay that reigns over most high school careers. Sometimes it's called the 3.8-paragraph essay, but whatever the formulaic essay format that became the default for any "formal" writing you did for school, it's over. Now that you are in college, five paragraphs are no longer necessary, or even practical, for the kinds of writing you will need to do.

This isn't to say that organization and structure, thesis statements and conclusions, evidence and research are no longer relevant.

But it means that post-



Exhausting but enlightening: In a college or university essay, you have to answer more than the simple facts, dig into deeper historical questions and back up your points with solid research. ISTOCK

secondary writing gives you the opportunity to go further and deeper into a subject than was ever allowed in the rigid confines of five-paragraphs.

At the end of the day, what professors are looking for throughout your post-secondary education is to see students begin to think deeply and differently about a given subject or topic, to start asking hard questions and begin to try and answer them.

In high school, you were

often called upon to give reports: book reports, lab reports, history reports and so forth. You did some research (also known as Google), and then dutifully copied these pieces of information and facts into a document or a PowerPoint to be repeated back to the teacher and the class. In college, that is only the beginning.

Asking questions, making connections, digging deeper: all things that take far more than five paragraphs to accomplish.

'Round the world wisdom

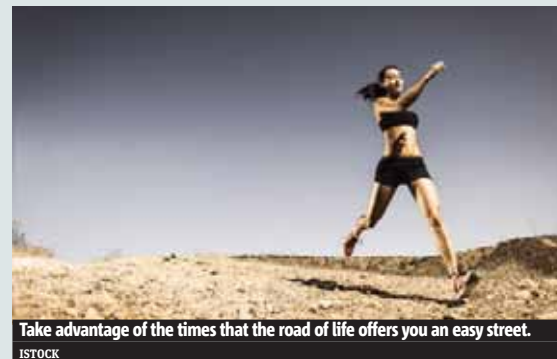
Build momentum when gravity is on your side

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

Desert running, like most of life's projects, is rarely level. The vast majority of the Gobi race was run either up or downhill. Little of the course was flat: the starting elevation was 5,000 feet, the peak was 10,000 and the finish back down at 4,200 feet.



Take advantage of the times that the road of life offers you an easy street. ISTOCK

While most serious gains on competitors were earned while running uphill, where the speed of a strong climber is a significant advantage, I found that the downhill was the most unused opportunity.

Whenever gravity was on my side, I chose to push harder and go as fast as I could. Almost every time, I separated from my competitors and advanced far more than when running uphill.

Typically when we take on a difficult project, like running a desert, we experience arduous uphill battles, simple flat sections, and other moments

that appear effortless like a downhill. When stages seem effortless, most of us tend to become complacent instead of making bigger gains and leaping ahead. In fact, we slow ourselves down. This comes at a huge cost to which we are blind, as employing more speed downhill not only helps us make fast progress, it also gives us momentum on the flat section that follows. And it can even power us over the next challenge.

Turn that effortless moment into momentum, or what I call "free" speed. STÉFÁN DANIS IS THE CEO OF NEXCA-REER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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NHL

Maurice replaces Noel as Jets coach

Claude Noel is out as coach of the Winnipeg Jets, replaced by Paul Maurice.

Noel was fired amid a five-game losing streak that dropped the Jets to 19-23-5 and 10 points back of a playoff spot.

Noel, hired after the Atlanta Thrashers moved to Winnipeg before the 2011-12 season, went 80-79-18 during his tenure with the Jets. **THE CANADIAN PRESS**

NHL

Sabres top Caps in a shootout

Cody Hodgson decided a lacklustre game with the only goal in the shootout, and the Buffalo Sabres avoided matching the longest road losing streak in franchise history with a 2-1 win over the Washington Capitals on Sunday.

Tyler Ennis scored in the first period, and Ryan Miller made 28 saves for the Sabres. **THE ASSOCIATED PRESS**

Soccer

Madrid wins without a goal from Ronaldo

With Cristiano Ronaldo missing his scoring touch, Real Madrid needed defender Pepe to score in the second half to secure a 1-0 victory at Espanyol on Sunday to pull within three points of the Spanish league co-leaders.

Ronaldo uncharacteristically wasted two clear scoring chances, while goalkeeper Kiko Casilla denied him on another three occasions. **THE ASSOCIATED PRESS**

The Drake equation



"We built up a personal relationship. I'm excited to see him begin his career here. I think that everybody's excited."

Hip-hop star Drake, who is downplaying his role in helping bring England soccer star Jermain Defoe to Toronto FC. In his role as MLSE's global ambassador, the 27-year-old Torontonian spoke to Defoe several times by phone during negotiations. MLSE president and CEO Tim Leiweke has said the calls made a difference.



The Broncos' Eric Decker returns a punt past Chargers punter Mike Scifres on Sunday in Denver. DOUG PENSINGER/GETTY IMAGES

Manning, Broncos bolt past Chargers

NFL. Veteran QB snaps playoff losing streak to advance and play Brady and the Pats

On Sunday

24

Broncos

17

Chargers

Peyton Manning welcomed Wes Welker back into the lineup with a touchdown toss and the Denver Broncos narrowly avoided a repeat of their playoff slip from last year, advancing to the AFC championship game with a 24-17 win over the San Diego Chargers on Sunday.

The Broncos (14-3) controlled the game for 3 1/2 quarters before Philip Rivers capitalized on an injury to cornerback Chris Harris Jr. to stage a comeback reminiscent of Baltimore's shocking win at

Denver exactly a year earlier.

This time, however, Manning rescued the Broncos from the brink of another crushing collapse and sent them into the title game for the first time in eight seasons.

They'll host the New England Patriots (13-4) on Sunday. Get ready for Brady vs. Manning once more.

In the most recent matchup of QBs with Hall of Fame credentials, Tom Brady and the Patriots rallied past Manning and the visiting Broncos 34-31 in overtime on Nov. 24.

Manning, in the playoffs

for a record 13th season as a quarterback, ended a personal three-game post-season skid in winning for the first time since leading Indianapolis over the Jets 30-17 in the AFC championship game on Jan. 24, 2010.

Manning completed 25 of 36 passes for 230 yards and two TDs, numbers that weren't quite up to the standards he set during a record-breaking regular season when he established new benchmarks with 55 TD throws and 5,447 yards through the air.

THE ASSOCIATED PRESS

NFL. 49ers book return trip to NFC title game



Vernon Davis of the 49ers catches a touchdown against the Panthers on Sunday in Charlotte. GRANT HALVERSON/GETTY IMAGES

Colin Kaepernick and the San Francisco 49ers are headed to the NFC championship game once again — to face a familiar opponent in a place where they've struggled.

Kaepernick threw one touchdown pass and ran for another score as the 49ers shut down Cam Newton and defeated the Carolina Panthers 23-10 on Sunday to advance to the NFC title game for the third straight season.

Kaepernick completed 15

of 28 passes for 196 yards, avenging his worst statistical performance of the season two months ago against the Panthers.

The 49ers will visit Seattle next Sunday looking for a return trip to the Super Bowl.

San Francisco split two games with the Seahawks this season. The 49ers lost 29-3 at Seattle in September and were beaten 42-13 at CenturyLink Field in December 2012.

THE ASSOCIATED PRESS



Canada's Marie-Michele Gagnon celebrates on the podium after winning a women's alpine skiing World Cup super-combined event, in Altenmarkt Zauchensee, Austria, on Sunday. ENRICO SCHIAVI/THE ASSOCIATED PRESS

Winner! Gagnon! Quebec skier hits World Cup jackpot

Alpine skiing. Victory ends 30-year drought for Canadian women in combined events

Marie-Michele Gagnon ended a 30-year drought for Canadian women in World Cup combined events by earning her maiden victory on Sunday.

Gagnon was 1.37 seconds off the lead in 16th after the super-G portion but went ahead of the field after posting the second fastest time in the slalom run.

"It's really exciting, a magical moment," said Gagnon, who wasn't even born when Gerry Sorensen won a combined event in Puy Saint Vincent, France, on Jan. 8, 1984 for the last triumph by a

Canadian woman.

"My teammate Erin Mielzynski won two years ago in Ofterschwang. She was the first Canadian woman to win in slalom in like 40 years. That was unbelievable and I didn't expect our team to make history again."

Gagnon finished in an overall two minutes, 5.55 seconds to beat second-place Michaela Kirchgasser of Austria by 0.32. Maria Hoefl-Riesch of Germany trailed Gagnon by 0.39 in third.

Nicole Hosp of Austria, who led the competition after the super-G, finished fourth.

"It's amazing. I was quite surprised," said Gagnon, whose only previous podium came in a slalom in Åre, Sweden, in 2012. "I didn't expect that after the first run. I knew I had to do a really good

slalom run to be on the podium. I just tried to do my best and it looks like the pieces of the puzzle have come together."

The super-combined format was introduced at the start of the 2005-06 season to replace the classic combined races, which consisted of one speed run followed by two slalom legs. **THE ASSOCIATED PRESS**

We've got Games

Team Canada is ready to make some noise at the Sochi Games and Metro will be there to follow them. Go to metronews.ca/gameon for the latest in video, photos, chat, and news from the 2014 Winter Games.



Skiing

Riddle solves halfpipe for silver

Edmonton's Mike Riddle took second place in ski halfpipe Sunday at the U.S. Grand Prix.

Riddle scored 85.2 points, 3.8 points behind American David Wise who finished first on a snowy day that made the halfpipe a little slower than usual.

Justin Dorey of Calgary was sixth with 76.4 points while Vancouver's Simon d'Artois placed seventh with 74.4. **THE ASSOCIATED PRESS**

Figure skating

Abbott completes American 4-peat

Jeremy Abbott won his fourth U.S. figure skating title and all but locked up his second Olympic berth.

Teenager Jason Brown was second Sunday. The Americans will send two men to the Sochi Games, and while U.S. Figure Skating officials will look at past performances in picking the team, they are unlikely to deviate from the standings.

Defending champion Max Aaron was third. **THE ASSOCIATED PRESS**

Snowboard cross. Maltais races to fourth straight podium finish

Canada's Dominique Maltais is now 4-for-4 in World Cup podium finishes this season after a silver-medal performance in snowboard cross on Sunday.

Eva Samková of the Czech Republic won the six-woman Big Final for the gold medal, edging Maltais in second, and Lindsey Jacobellis of the United States, in third. Maltais leads the overall World Cup standings with 3,400 points.

"I'm really happy with second place and I'm happy for Eva too because I think she deserved that win," Maltais said. "She was riding really strong."

Maltais led most of the way until she was passed by the Samková near the bottom of the course.

"I made a major error," said Maltais. "The course was pretty chewed up after being perfect all weekend and I lost some control. Still you have to give Eva credit. We were side-by-side the whole way and without my error it would have been very close at the finish."

It was Maltais' 35th career World Cup medal and her fourth this season. She won Saturday's race, on the same



Dominique Maltais GETTY IMAGES FILE

course as Sunday's, and was second at two World Cup stops before Christmas.

Olympic champion Maëlle Ricker of Squamish, B.C., finished sixth.

The Canadian men had their best day overall this season with Kevin Hill of Vernon, B.C., a bronze medallist at the season opener last month, reaching the Big Final and placing sixth. Christopher Robanske of Calgary won the small final for seventh overall to equal his best result this season while Robert Fagan of Squamish was 12th. **THE CANADIAN PRESS**

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	45	27	14	4	132	109	58
Montreal	46	26	15	5	117	107	57
Detroit	45	20	15	10	118	126	50
Ottawa	46	20	18	8	131	146	48
Toronto	46	21	20	5	125	141	47
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
Philadelphia	45	23	18	4	120	125	50
NY Rangers	46	23	20	3	114	123	49
Carolina	45	19	17	9	111	128	47
New Jersey	46	19	18	9	106	114	47
Columbus	45	21	20	4	126	129	46
NY Islanders	47	18	22	7	130	152	43

Sunday's results

Buffalo 2 Washington 1 (SO)
NY Islanders 4 Dallas 2 (SO)
New Jersey at Toronto
Edmonton at Chicago
Philadelphia at NY Rangers
Minnesota at Nashville
Detroit at Anaheim

Saturday's results

Tampa Bay 6 Philadelphia 3
Montreal 2 Chicago 1 (OT)
Ottawa 2 Nashville 1 (SO)
Columbus 6 Winnipeg 3
New Jersey 2 Florida 1 (OT)
Colorado 4 Minnesota 2
Anaheim 5 Phoenix 3
Pittsburgh 2 Calgary 1
Detroit 3 Los Angeles 1
Boston 1 San Jose 0

Friday's results

NY Rangers 3 Dallas 2
Washington 3 Toronto 2
Columbus 3 Carolina 0
NY Islanders 2 Colorado 1 (OT)
Edmonton 4 Pittsburgh 3 (OT)
Vancouver 2 St. Louis 1

Monday's games — All Times Eastern

Calgary at Carolina, 7 p.m.
Tampa Bay at Columbus, 7 p.m.
Phoenix at Winnipeg, 8 p.m.
Vancouver at Los Angeles, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	47	29	8	10	170	129	68
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	47	24	18	5	114	119	53
Dallas	45	20	18	7	127	139	47
Nashville	46	19	20	7	109	137	45
Winnipeg	47	19	23	5	128	145	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	47	34	8	5	160	119	73
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	44	21	14	9	133	131	51
Calgary	45	15	24	6	101	144	36
Edmonton	47	15	27	5	123	164	35

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Kunitz, Pgh	24	25	49
Sharp, Chi	25	23	48

Not including last night's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results

San Francisco 23 Carolina 10
Denver 24 San Diego 17

Saturday's results

Seattle 23 New Orleans 15
New England 43 Indianapolis 22

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 19

New England vs. Denver
San Francisco at Seattle

SUPER BOWL

Sunday, Feb. 2

At East Rutherford, N.J.
AFC champion vs. NFC

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2½
Atlanta	20	18	.526	10
d-Toronto	18	17	.514	10½
Chicago	17	18	.486	11½
Washington	16	19	.457	12½
Detroit	16	22	.421	14
Brooklyn	15	22	.405	14½
Charlotte	15	23	.395	15
New York	14	22	.389	15
Cleveland	13	24	.351	16½
Boston	13	25	.342	17
Philadelphia	12	25	.324	17½
Orlando	10	27	.270	19½
Milwaukee	7	29	.194	22

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	28	8	.778	—
d-Portland	28	9	.757	1½
Oklahoma City	28	9	.757	1½
d-L.A. Clippers	26	13	.667	3½
Golden State	25	14	.641	4½
Houston	24	14	.632	5
Phoenix	21	15	.583	7
Dallas	22	16	.579	7
Denver	19	17	.528	9
Minnesota	18	18	.500	10
Memphis	17	19	.472	11
New Orleans	15	21	.417	13
L.A. Lakers	14	23	.378	14½
Sacramento	13	22	.371	14½
Utah	12	26	.316	17

d - division leaders

Sunday's results

Sacramento 124 Cleveland 80
Memphis 108 Atlanta 101

Saturday, January 11

Houston 114 Washington 107
Toronto 96 Brooklyn 80

Detroit 110 Phoenix 108

New York 102 Philadelphia 92
Oklahoma City 101 Milwaukee 85

Chicago 103 Charlotte 97
Dallas 110 New Orleans 107

Denver 120 Orlando 94
Portland 112 Boston 104

Monday's games — All Times Eastern
Milwaukee at Toronto, 7 p.m.

Houston at Boston, 7:30 p.m.

Phoenix at New York, 7:30 p.m.

Washington at Chicago, 8 p.m.
San Antonio at New Orleans, 8 p.m.

Orlando at Dallas, 8:30 p.m.

Denver at Utah, 9 p.m.

Horoscopes

Aries

March 21 - April 20

No matter how many times you have fallen short in the past you will succeed this week so make the most of it – show the world what a star you really are.

Taurus

April 21 - May 21

Don't listen to those who counsel caution. The only reason they don't want you to do anything adventurous is because they are worried it will make them look bad.

Gemini

May 22 - June 21

Your values will change in important ways over the next few days, especially in how you look at money. What you need to learn is that it's not what you earn that counts but what you do with what you've got.

Cancer

June 22 - July 23

Even if you disagree with someone on a point of principle you can still work together, so stay on good terms and seek a compromise solution.

Leo

July 24 - Aug. 23

You may know what you are after but you still need help in getting it. If you don't ask for assistance today you may find yourself being left behind on the work front.

Virgo

Aug. 24 - Sept. 23

The Sun is on your side and your confidence is high, so do something special over the next few days. By this time next week it won't be so easy to stand out, so give it your all, creatively and romantically, while you can.

Libra

Sept. 24 - Oct. 23

You may feel sorry for someone whose luck appears to have deserted them but you are still advised to keep your distance and not get personally involved.

Scorpio

Oct. 24 - Nov. 22

You seem to be more open towards strangers than usual and that's good because someone you meet over the next few days could become not just a friend but also a business partner.

Sagittarius

Nov. 23 - Dec. 21

Something will happen over the next 24 hours that makes you feel a lot better about your long-term prospects. It will also make you realize that wealth is as much a state of mind as anything else.

Capricorn

Dec. 22 - Jan. 20

The Sun remains in your birth sign only until the 20th, so you have a week to make things happen. You can still make things happen after that date but there will be more obstacles for you to overcome.

Aquarius

Jan. 21 - Feb. 19

You will take the chance to help someone in need and won't think twice about it. However, make clear that you expect them to look after themselves after that.

Pisces

Feb. 20 - March 20

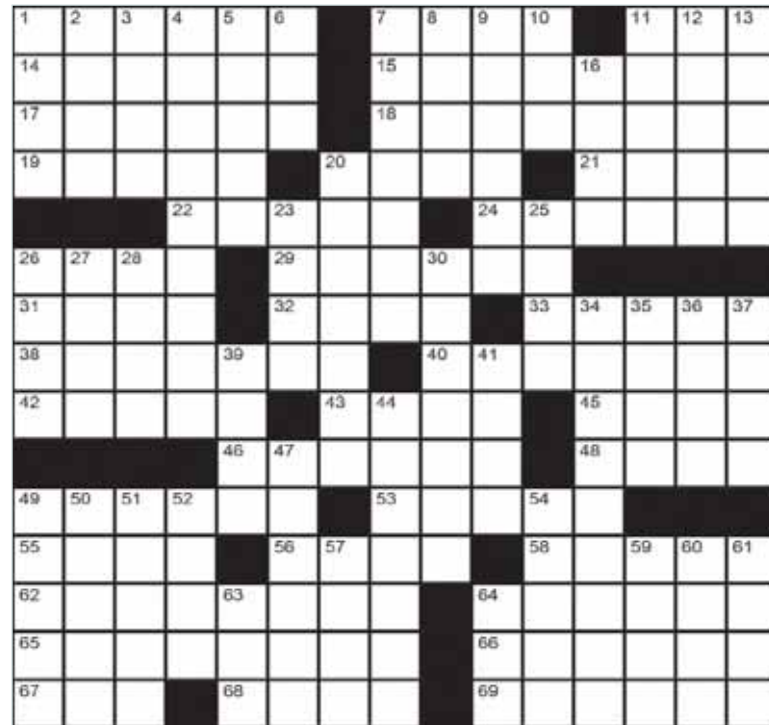
You will leave your task to the last minute today – and because you have to act fast and without thinking will most likely make a good job of it. Living on the edge is OK but not all the time. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Jewellery fasteners
- Rapini, aka Broccoli
- Caesar's 1002
- Hilo's home
- They lay in north-east Alberta: 2 wds.
- Wired to the web
- Drew and Jonathan Scott, The Property
- "It ___ Me" by Shaggy feat. Rikrok
- MGM co-founder, Marcus
- Francoise's friend
- Baseball: Up

- Lowest
- "The Exorcist" (1973) actor, ___ Cobb
- Ms. Bronte's
- "Pay ___ mind."
- Pet shelter org.
- d'art
- Advocate: 2 wds.
- Castle towers
- Tuscan city
- Chemical suffixes
- Mr. Estrada
- Silk-like fabrics
- Partners for Tacs (Mint candies)
- Those using the '4 sign'
- Music: Sister duo from Australia
- Tide type
- After mil. combat affliction



- "Monster-___" (2005)
- Ottawa-___, Canada's Capital Region
- '80s series, "Remington ___"
- MuchMusic's legendary "___ Circus"
- Breadwinner
- Business name

- abbr.
- Diner side order
 - Region of France

Down

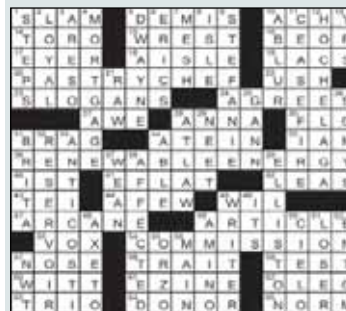
- Purina Cat
- Ms. Turner
- Cobbler's tools
- New Brunswick city: 2 wds.

- Patched-coat horse
- "Sprechen ___ Deutsch?"
- "I wanna be re-programmed." goes this Hannah Georgas tune
- 'Million' suffix
- Move, as tumble-

- weed: 2 wds.
- Cheers ___. 1895
- Boeotian Muse of memory
- "Mandela: Long Walk to Freedom" (2013) star Mr. Elba
- "The table ___!" (Supper time exclamation)

- Gotchas!
- Eel variety
- Kiss, in Madrid
- Biblical instrument
- Gloss-placing spots
- Dainty case
- 'Susp' suffix
- Grew less light in the day
- Some denizens of Nova Scotia, Cape ___
- Ms. Ryan of "Star Trek: Voyager"
- 'Synth' suffix
- Disapproves
- Hilary of "Love It or List It"
- Known-by-letters land
- 1668: Ship in the Hudson's Bay Company's history
- Kansas motto: 'Ad astra per ___' (To the stars through difficulties)
- Winged figure
- Gave out
- Courted
- Heroic
- Winnipeg area, St. ___
- Cocktails, Mai ___
- Ms. Horne
- Novelist Mr. Waugh
- Are, in the past
- Utmost degree
- Baltic, for one

Friday's Crossword

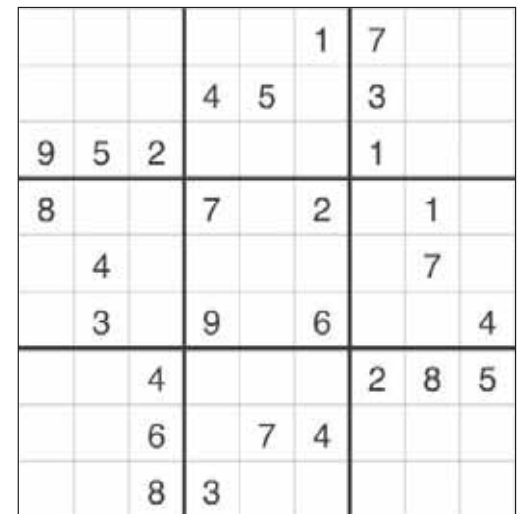


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today



3°/-9°
Variable

Tuesday



3°/-10°
Partly sunny
40%

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Check the 14 day trend.

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